

# Chatgpt on how to live the Epicurean life in todays society... overall not great

Post by "Eoghan Gardiner" of October 23, 2023 at 2:38 PM

[Quote from Don](#)

Ah, ChatGPT... Maybe I'm glass half full, but it could have been worse 😊

Here are some specific problems I see...

4. Practice Mindfulness: Be present and mindful in your daily life. Savor the sensory experiences of the moment, whether it's enjoying a good meal, a beautiful sunset, or a conversation with a friend. (NOTE: While I agree that Epicurus calls us to "[savor the sensory experienced of the moment](#)," the use of the jargony "mindfulness" brings some baggage. Again, I'm not saying I disagree with the sentiment ChatGPT came up with for no. 4, but it could imply advocacy for specific forms of mindfulness meditation, etc.)

Mindfulness has been tagged out to everything, from working out to religions to Stoicism and even "corporate" mindfulness to increase productivity. It's funny that they choose to ignore they other 7 parts of the 8 fold path. Although I do believe it has some medicinal benefits, though lately reports are coming out that they are not as remarkable as was made out in the early 2000-2017 ish.

I become big into mental wellbeing as a major source of my own life of pleasure though, I just dislike how mindfulness has become THE Answer, which for many it's not. One of the major sources of my mental well-being is the Epicurean view of God and afterlife. No longer do I say "my body is a temple" instead "my body is a playground 😊😊😊 " Michel Onfray said that before I believe.